



# Spirit Central

Timely information for friends of Cosmos Tree, Inc. and The Center for Religion and Advanced Spiritual Studies January 2008

## Contact Us

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## Join Us For An Hour Of Spiritual Instruction

## “Are You Kidding Me?: A Participatory Satsang”

A Satsang  
by Dr. Roger B. Lane  
**Wed. Jan. 2, 2008**  
**at 6:45pm EDT**  
Available At All Centers  
and

## Listen to This Month's Podcast of Spiritual Instruction with Dr. Roger B. Lane

“Are You ‘TAR And  
Feathering’ Yourself?”

### Holiday Satsang and Celebration 2007

In Our Teacher's Holiday Satsang, Dr. Lane emphasized that the Christmas celebration is the celebration of our giving birth to the Christed Consciousness within, which we do *moment- to-moment* by staying present with the Spirit we *are*.

“Being in your Christhood means staying in the Spirit you *are*,” Dr. Lane said. “... Every moment we have the opportunity to give birth to the Christed Consciousness within - that's the virgin birth.”

Dr. Lane lovingly gave us instruction on how to do this: we use every second of “the manger of this life” as an opportunity to lift and grow into the Spirit we *are*. We do this by surrendering our agendas; for instance, we direct our basic selves (the parts of us that bring forward our karmic patterns); we stay neutral; we let go of our willfulness. As Dr. Lane has often explained, we do not focus on the crucifixion (the karmic patterns); rather, the Teachings “teach we're in the resurrected body - it's always Easter.” This life is our opportunity to come into That.

“The secret is putting your store of wealth in the Spirit inside of you,” Dr. Lane said. “... Our job is to nurture the Christ Child within. With It comes Joy and Peace. ... It's a Celebration. ... Celebrate It by celebrating the Joy in Spirit you *are*.”

After His Holiday Satsang, Our Teacher opened gifts presented to Him and to the Home Center by Initiates both at the New York Center, where the Celebration took place, and by those calling in from around the country and in Mexico. Dr. Lane also thanked the many Initiates who have done Loving Service throughout the year.

### “Letting Go, Letting God - Part III: A Participatory Satsang”

At the outset of His December Satsang Our Teacher highlighted certain problems addressed in Parts I and II of the previous Satsangs titled “Letting Go and Letting God.” Dr. Lane reminded us that in Part I He spoke about situations in which we “Let go and Let God” but then tend to keep our own agenda. Part II addressed feelings of unworthiness such as: “How could we be Spirit/God? We're here in a body.”

Our Teacher then asked the participants to focus on an issue with which he or she has been struggling. Several of those present then shared their experiences. These included feelings of fear, loss of control, thoughts of death and other habitual responses. Dr. Lane then told those present to “ask God to take it; and then to let it go.”

Dr. Lane then noted: “The nature of the mind is to create problems and then ‘solve’ them. ...The trick is to go above that. ...What is important is surrendering and that you let go. If you are not in the present you have chosen away from Spirit. If you don't feed it that stuff will die of its own accord.” Our Teacher advises: “(When) that stuff comes up ... choose to stay centered within yourSelf. That's what ‘Letting go and Letting God’ means.”

As Dr. Lane observed: “Sometimes we are like children. ... ‘I want what I want. ... I didn't get it ... (therefore) God doesn't love me. ... I can't trust God so I had better do it myself.’”

Our Teacher emphasizes, however: “When we ‘Let go and Let God’ we need to:

- Trust God;
- Know that God knows what is for our Highest Good (and be)
- Willing to accept God's time frame ... It's all in perfect time.”

Dr. Lane counseled: “It's all karmically correct ... exactly as was the agreement with that Soul. There is nothing that

Continued on next page

### Our Winter Semester

**The Teachings Class - Wed. Jan. 16 for 10 Weeks**  
**See Events page for more information**

### Our Seminary's Second Graduation

On December 15th, Karen Fiala became the fourth Student to graduate from the Seminary Division of CRASS with a Master of Divinity Degree. The ceremony was attended by Karen's family and friends as well as Fellow Initiates and Seminary Students.

The ceremony began with an introduction by Don Baxter - the next Student to graduate from the Seminary. Don very aptly pointed out that his learning about the Program is that “when you've mastered the Divine inside yourSelf, you've truly mastered the ability to love yourSelf.” Moreover, he said, they've graduated because they've gained in their ability to love themselves. Don also noted that it took a lot more courage to graduate from a Program that requires that you “look within yourSelf” than to graduate from any of the Ivy League programs he had researched online in preparation for these comments. His wise introduction was followed by a Processional to a touching rendition of “My Teacher,” a song written and performed by Rev. Karen Baxter.

Dr. Lane, the Founder and Director of CRASS and the Dean of the Seminary, then gave a Blessing that He asked the Lord, God to extend to all Souls. Dr. Lane began by “calling on the only Teacher there is, the Lord, God.” He then Blessed “the entire Program” and asked the Lord, God to “strengthen those Souls in the Program in their learning the ... inner value; the inner Truth; and the inner workings of You ...”

Dr. Lane then began His Opening Remarks by talking about the fact that whenever He comes to the Center He always admires the wonderful glass clock that was a gift by the previous graduating class. Dr. Lane then drew an analogy between seeing the inner workings of the clock and that “... the Program is about seeing the inner workings of us ... to simply Love, God and to give themselves what they want which is Spirit.”

Referring to Karen Fiala's Thesis, titled “*The Road Of Freedom*” and based (outwardly anyway) on her baking fortune cookies that contain excerpts and quotes from The Teachings as brought forward by Dr. Roger B. Lane. Our Teacher lauded Karen's ability to see that Spirit/Freedom is not something outside of ourselves “to achieve” but rather something to which we surrender. As Dr. Lane explained, Karen discovered her inner Worthiness; that Spirit is immediate; and that she can use outer situations to surrender to herSelf/Spirit. Dr. Lane further explained that Karen also discovered, via more than a few ruined batches, that she is Free and is able to live in Joy and in Peace regardless of outer situations.

Our Teacher also praised Karen's “wonderful discovery” about the doctrine of ahimsa (non-violence) which she “takes to its true meaning ... where we're responsible for our thoughts.” As Dr. Lane pointed out, Karen aptly calls the part of us that is responsible for keeping our inner environment clear the “inner ecologist.” And in the process, Dr. Lane further explained, Karen “discovers great love for God, The Teacher and The Teachings.”

Karen then shared her own thoughts on the process of creating her Thesis as well as an Independent Study project on Self-Worth. Through the cookies, she said, she wanted to teach people about “what real sweetness is.” She learned, she said, the importance of living the Truth; of being courageous; of kindness; of giving; of Truth and Integrity as the foundation of everything; of taking risks; of staying focused inwardly; and of listening to herSelf. She also learned more about Worthiness and that there's nothing she can do to earn it. “This has turned life from drudgery and ‘heavy’ and ‘How am I going to figure everything out?’ to ‘What a Gift!’” Karen now has a vision for a food company to be of Loving Service by helping her give Souls “sweetness beyond what they can taste” as well as “inspiration”; to “contribute to the world by helping others” and also to be of Loving Service by helping to fund the Teacher's Mission. Thanks to Karen's inner focus on Health in the true sense of the Word as wholeness and Oneness, her cookies are not only

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# Events Calendar

## Fulfill Your Destiny:

### Fulfill Your True Purpose

Request a FREE copy of Dr. Lane's *The Sound Current: The Path of God-realization* (what we affectionately call "The Blue Book".)

In this booklet, Dr. Lane explains the priceless Gift available to all. With numerous historical references, this little book explains the Sound Current, karma, the Law and the Way Home.

Call or write today for your free copy.

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## OPEN HOURS

Opportunities to speak with Dr. Lane and to experience personal and Spiritual growth and the lifting into the "positive" energies. Call any Center for info. and call-in number.

Tues. Jan. 1, 8, 15, 22, 29

-- 7:30-8pm EST

Wed. Jan. 2, 9, 16, 23, 30

--4:30-5pm EST

## MEDITATIONS

Doors close five minutes prior to times listed. Instruction provided

### CONNECTICUT

**Litchfield area** Call for details.

### CHICAGO

**Glenview area.** Call for info.

### HAWAII

**Hilo area** Every Sun. 3pm; Meditation for Health and Well-Being last Fri. of every month 7pm. Please call (808) 937-5958 for location.

### NEW JERSEY

**Middletown area** For updated schedule of Meditations, please call Center.

### NEW YORK

**New York City** Every Mon., Wed. (except first Wed. of the month) and Thurs. 6:10pm; Sun., Jan. 27 - Special 2-hour Meditation 10:30am-12:30pm. Meditation for Health and Well-Being- Tues. Jan. 15 on the East Side & Jan. 22 on the West Side (200 W. 90th St, #10A)

### MEXICO

**Queretaro** Call Center for information.

**COME TO OUR  
NEW YEAR'S EVE  
MEDITATION-DEC. 31  
6:10 PM - NYC CENTER**

*Contact specific center for  
more information about  
these events*

## VIDEO SHOWINGS

*The 22-part VIDEO series  
"Understanding the Spirit You  
Are" is available for viewing  
or purchase at all Centers  
and for viewing on cable  
television stations listed below.*

### CONNECTICUT

**Litchfield** Call for details.

### HAWAII

**Hilo area** First Sun. of every month from 4:30-5:30pm Video Showing and Discussion. Please call (808) 937-5958 for location.

### NEW YORK

**New York City**  
Every Fri. 3:00pm on  
Time Warner - Channel 57;  
RCN - Channel 84;

Last Sun. of every month  
from 1pm-2pm  
at NYC Center -  
Video Showing and  
Discussion

### Brooklyn

Every Sun. 3:30pm  
Cablevision - Channel 69  
Time Warner - Channel 56

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delicious but they are wheat-, dairy- and sugar-free. She vowed to do something everyday to bring The Teachings forward in a bigger way.

Dr. Lane then awarded Karen Fiala a diploma (upon completion); after which Karen presented the graduating class gift - a carved gourd which opens up to reveal the nativity inside - "the inner journey" as Karen said. "It takes courage to open up the Program and open up yourSelf and see what's in there," Dr. Lane said.

Anna Falco-Lane, President of the Board of Directors, presented a gift in honor of the Graduating Class - a contribution of \$100 per graduate towards a CRASS Scholarship Fund that Dr. and Mrs. Lane founded last year and that Dr. Lane suggested that each person in the audience start a tradition contributing an equal amount for each graduate.

Dr. Lane then shared how the contribution in honor of the last Graduating Class - plus several hundred dollars more - was awarded in scholarships for the following semester.

This was followed by a Recessional to the tune of a recording of "MySelf Made Known," also by Karen Baxter. A reception followed during which many of those attending gave to themselves by purchasing boxes of fortune cookies.

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isn't Spiritually correct."

"When we 'Let go and Let God' we are seizing our Power and we are really in control because we have chosen to be Co-creators with God. ... It gives us the opportunity to be with Spirit; to know we are fine; and not dependent upon outer circumstances. We need to know that: God is the Source; that everything comes from God; keep our Consciousness there; and we are free."

In conclusion Our Teacher observed: "It's God's Gift to us to be with Him. Through Initiation into the Sound Current you can do it *while in the body*." And, as Dr. Lane lovingly suggests, "Why not go with God's Agenda?"

A Spirited "O and A" followed

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# FIRST CLASS MAIL

Time-sensitive. Please deliver immediately.